



FUNDRAISING HIGHLIGHTS

- I personally raised over \$5300 to fund cancer research.
- The Georgia Tahoe Team raised over \$148,000 from this event.
- The 2010 Tahoe ride raised over six million dollars.
- The TNT Tahoe ride has raised over \$162 Million dollars in its 20 year history.

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TAHOE CENTURY RIDE A SUCCESS!

Nearly 5000 riders started staging for *America's Most Beautiful Bike Ride* (AMBBR) at Six O'clock A.M. near the Nevada-California state line.

The Atlanta TNT group, in addition to my brother Dan, met early outside the hotel for a team photo then headed to the start line for our 6:20 rollout time.

The Team decided to ride the first 8 miles to the rider checkpoint together, then pick up our own pace as we approached the first 3-mile climb at Emerald Bay.

At the bottom of the Emerald Bay decent (mile 18) we

reached our first SAG stop (Support and Gear) and a group of us set up a paceline

before rotating to the back of the line to rest. Needless to say, we made Truckee in record time!



Sean & Dan at the finish line after 100 miles

We continued the paceline most of the way to King's Beach (mile 72) and we ate a voracious lunch before the dreaded 7 mile climb up Spooner Mountain for over 1000 feet of elevation gain. It was a lung-buster.

The climb up Spooner broke up the paceline and we finished the last 20 miles on our own. The 2-mile decent down the back side of Spooner brought incredible speeds in excess of (cont. page 3)

for the 22 mile haul to the turnaround at Truckee. Dan blew everyone away with his 30-minute pulls, each rider typically pulls for 2-3 minutes

LIAM'S BIG CLIMB



After pulling our bikes off the truck the Team did a 25-mile tune-up ride to Emerald Bay and back to the hotel on Saturday. Liam, Dan and I made the ride together and I was absolutely blown away that his little stick legs were able to get him up the mountain. He struggled and strained at some of the switch-backs (so did Dad), but he made it all the way up without stopping! Needless to say he had a big grin on his face for the entire decent. When asked about his accomplishment, the youngest Team Eddie rider responded quickly "Yeah, that was pretty cool". Way to go Liam!

THE RIBBON JERSEY



At the beginning of my fundraising campaign I wanted to identify a way to connect the actual bike ride with those Team Eddie supporters that had a person in their lives who had been touched by cancer.

I came up with the idea of wearing a ribbon on my jersey for people who wished to donate \$100 or more and who wanted to memorialize or honor a friend or family member who was a survivor or, unfortunately had succumbed to the disease.

26 Team Eddie supporters were "ribbon level" donors honoring 13 loved ones listed below. If you were a ribbon level donor, I have included the ribbon from the jersey along with this newsletter. Thank you all!

RIBBON MEMORIALS & HONOREES

Terry "Eddy" Casey- Memory, Vicky Miller- Honor, Carol Schaefer- Memory, John Olyer- Honor, Cindy Olyer- Honor, Kelly Ricketts- Honor, Fred Philips- Honor, Jean Nagel- Memory, Gaye Smith- Memory, Larry Pederson- Honor, Gil Hatch- Memory, Elisabeth Bernhold- Memory



MORE THAN

RIDING BIKES

The rugged countryside, big sky and fresh air of Tahoe almost scream for horseback riding. Grandma Mimi, Ethan, Liam and I got an early start after a pancake breakfast to saddle-up and hit the trails.

The boys were incredibly excited and had their horses all picked out before we even left the parking lot. Ethan made an instant bond with "River" (top right) while "Asteryx" was more to Liam's liking.

The tall pines were incredible and the sheer girth of the ancient cedars were beautiful. As we climbed the trail up the mountainside we were greeted with an amazing view of the lake spreading before us.

We crossed over the ridgeline and Ethan spotted a coyote slinking between two trees. Our guide pointed out that we would be passing a den of coyote pups in a fallen tree down the trail.

The ride was a great way to see some countryside and an wonderful experience for the boys...they were mostly fascinated by how much the horses pooped on the trail. Boys.



"Dad, I think I saw a coyote!"

-Ethan

T A H O E R I D E (C O N T .)

Forty-nine miles per hour- the fastest I have ever ridden on a bicycle.

The last segment of the ride brought us around Zephyr Cove, a stretch of lake featuring Tahoe's signature deep azure water and cannonball stones. The view was breathtaking as we pedaled along the unguarded roadway.

Just as the hotels signaling the finish-line appeared above the trees I met up with Dan (he waited for me) and we made our way down the final miles to the finish.

As my bike computer registered 101 miles Dan and I crossed the line with our hands raised in victory. Just like that it was over...I felt like I could have done 100 more.

We had finished the ride in 6 hours 42 minutes, over an hour faster than I had anticipated. I joined team mates that had already finished to cheer on the remaining riders.

Our honored hero Lyndon received the biggest cheer. Lyndon has stage 4 lymphoma and is receiving a life-

saving bone marrow transplant next week. He has been an inspiration to our entire team for the season. I think that I do not know what it is to hurt.

A special thanks to Dan for being our locomotive for the paceline...you are a frikkin' machine!

Thanks also to: Mom, Jeanie, Bill, Barbara, Lucy, and of course Liam and Ethan who all came out to cheer us on!

T H E S A G Q U E E N !

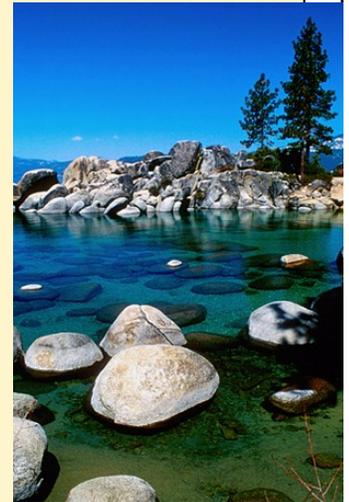
What does it take to get through a 100 mile bike ride? It is estimated that we burned about 5500 calories during over the course of the ride. Add to this the average 2000 calories required for regular daily activity, we needed to consume almost four times our daily caloric intake.

Add to this the fact that there

was a nearly 25 degree temperature differential between the start and finish of the ride, that means we were constantly shedding clothing.

Even though the ride was supported, Lucy made herself invaluable by driving the entire length of the ride to make sure Dan and I had all of the food and drink we needed. Lucy

needs to remind Dan how lucky he is to have her...especially since ride day was their 1st wedding anniversary! I wish you guys many more!



Above: Zephyr Cove



Left: Lucy Casey the SAG Queen

**M I S S I O N M O M E N T :
W H Y W E A R E H E R E**

With all of the inherent benefits of committing to and completing a charity bike ride of this magnitude, it is sometimes possible to forget that we are here to fight cancer.

While this article is full of the commradie, beautiful views and the positive impacts on my health, there are thousands of Children, Moms, Dads, Sisters, Brothers and friends who are fighting the fight of their lives.

They are receiving chemotherapy, radiation, blood transfusions, bone marrow transplants. They are hanging on by a string and in too many cases the string breaks.

I am here because my Dad died from cancer. He was taken from us at too early an age. I am here with the hope that the money I raised, and you have so generously given, might relieve some other family from this grief.

The truth of the matter is that I am not going to medical school, doing a residency, studying oncology and getting a position at a clinic to help these individuals and their families.

What I can do is suit up and show up when it is cold, when it is raining, when it is hot...when I really don't want to. I can get on my bike and pedal like hell and urge my friends and family to give their time, money and effort for this cause.

WHAT'S NEXT FOR TEAM EDDIE?

I am taking June off. I have not been able to stay out late on a Friday night or sleep in late on a Saturday for almost six months due to training commitment for the Tahoe ride....so I am taking a few to myself. On September 26th I have committed to doing the Six Gap Century in the North Georgia Mountains. This route was the crown Jewel of the now defunct Tour De Georgia and surprised pro riders from the world around.

While the Tahoe ride presented a great physical challenge for me, in the grand scheme of 100 mile rides, with around 6000 feet of elevation gain, it is on the easier side of things. Conversely, Six Gap is a series of six mountain crossings over a 100 mile course for a total elevation gain of 11,000 feet. This includes Hogpen Gap- one of the most treacherous on-road descents on the east coast.

All of my cycling friends think I am nuts and think that this course is a man-eater, but with about 4 months to prepare and considering the strong base I have established with the Tahoe Ride, I feel that it is a realistic goal. Stay tuned for more!